

NEWSLETTER



In This Issue – We celebrate Prime Care Family Health Team’s successful Pap Party, introduce the Halton @Home pilot program, a new youth program from the John Howard Society, and a new senior program from the Community Wellness Hub, and more!

Prime Care Family Health Team’s Pap Party

On Wednesday, March 6, 2024, Prime Care Family Health Team piloted its first ever “Pap Party” at their office. Recognizing that cervical cancer screening is an essential part of preventative healthcare and that many individuals do not have access to pap tests, Prime Care’s goal was to help alleviate these barriers as best they could. Pap test appointments were made available for booking online to anyone in the community, insured or uninsured, with a cervix, ages 25 to 70, who hadn’t had a pap in at least 3 years and who did not have access to a family physician or nurse practitioner. In addition to their cervical cancer screening, individuals had the opportunity to enjoy refreshments while perusing a display of important health information in Prime Care FHT’s conference room. Health professionals, including NPs, RNs, a pharmacist, and wellness coaches, were on hand to answer any question attendees posed and provide further information. With limited time and resources and with the help of so many community partners, including CCHOHT, PCFHT’s pilot Pap Party was a success. Prime Care is looking forward to working with the community again and expanding this initiative in fiscal 2024 and 2025.



Halton @Home



CCHOHT has partnered with Halton Healthcare, Home and Community Care Support Services, and Saint Elizabeth Health to pilot the Halton @Home program. This 16 week care pathway, supported by one-time funding from Ontario Health, is designed to create a direct pathway home for patients who are medically stable, able to be discharged from acute/emergency care, and require a more complex plan of care to ensure a safe and appropriate transition home.

The program would apply an established approach to assess, identify, and enroll patients either at the time of their emergency visit or during an inpatient admission so that patients and their families are ready to be transitioned into the program as soon as the acute phase of their illness is over. Thus, the burden of Alternate Level of Care (ALC) days would be reduced by preventing admission or shortening an inpatient ALC stay at the hospital. We look forward to sharing outcome measures in the coming months!

Walk With a Doc

The Walk with a Doc program is set to launch at the Community Wellness Hub located at 271 Kerr St in April 2024. This initiative, in collaboration with Halton Healthcare and led by Dr. Nivedita Patel, aims to engage the senior residents of the housing regional building in regular, doctor-led walking groups. The program, which emphasizes the benefits of physical activity and fosters a closer relationship between healthcare providers and community members, will kick off following a promotional period.



Senior residents interested in participating will need to be members of the Hub, sign a one-page waiver, and then be eligible to join the walks, receiving program-branded shirts and other materials for participation. This endeavour represents a significant step towards enhancing community health and wellness through active engagement and informative health talks.





That's a Wrap (TAW) Program



The John Howard Society Peel-Halton-Dufferin has launched their That's a Wrap program, which assists youth with goal achievement, system navigation, skill development (i.e., life skills, anger management, etc.), and building a connection to community and services. In addition, the program provides supportive services to parents and guardians of individuals accessing the program. The eligibility criteria are:

- Between the ages of 12-24 years
- At risk of or current justice involvement
- Resident of Halton

Referrals can be received from youth, parents/guardians, schools, community organizations, medical professionals, etc. Please contact Carmen Leighton, Coordinator of Justice Services - Youth Programs, at (905)-864-1306 ext. 230/taw@johnhowardphd.ca for more information!



The Halton Physician Association held a very successful Annual General Meeting on March 20, 2024 that included presentations from Melissa Farrell, President and CEO of Halton Healthcare, and Karin Swift, Director of CCHOHT. The HPA looks forward to pursuing innovative and meaningful ways of supporting physicians in Halton to provide access to equitable, effective patient-centered care. Visit their website (haltonphysicianassociation.ca) to learn more about upcoming initiatives and how to get involved.



- **April 24, 2024 - Sweet Farewell: Practical Tips for Breaking Up with Sugar** (Primecare Family Health Team). Click [here](#) to register.
- **May 23, 2024 (Module 1) and May 24, 2024 (Module 2) - Mental Health First Aid Supporting Older Adults** (Regional Learning Centre). Click [here](#) to register.

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